

Abstract

Title: Occurrence and Prevention of Asthma in Youth Division Cross-country Skiers

Objectives: The aim of this thesis is to determine the incidence of asthma in youth division cross-country skiers and its prevention.

Methods: This thesis will comprise the method of survey and content analysis of documents.

Hypotheses: No.1 Assume that asthma will have lower prevalence in youth division cross-country skiers than in adult cross-country skiers.
No.2 Assume that the majority of the surveyed cross-country skiing coaches met with asthmatic symptoms in their athletes.

Results: We found that 12% of youth division athletes suffer from asthma and 24% from allergies.

Keywords: cross country skiing, respiratory diseases, bronchial asthma, exercise-induced asthma, allergy prevention.